



**Mental
Health
First Aid
Aotearoa**

Statistics show that almost 50% of New Zealanders will meet criteria for mental health challenges at some stage in their lives. Mental health challenges also are not limited to particular groups of people, they can affect all of us at some time either personally or within family/whanau, workplaces, education settings and even on the sports fields. Suicide is reported to be one of the top three leading causes of death in Aotearoa NZ.

Our Vision at [Pumahara Consultants](#) is to skill people in the community, in workplaces and any other setting to assist others who may be experiencing a mental health challenge or developing a mental health crisis.

We want to help you learn the skills to have safe conversations around mental health and distress.

[Talk to us](#) about becoming a Mental Health First Aider.

Mental Health First Aid courses are a suite of **internationally acclaimed and evidenced -based, accredited training programmes** that empower and equip individuals with the **knowledge, skills and confidence** needed to support a co-worker/colleague, family member, friend experiencing a mental health problem or crisis.

The two-day Mental Health First Aid training program can be found in 24 countries around the [world](#).



In Aotearoa NZ, the Mental Health First Aid umbrella group is Te Pou who train and accredit the Mental Health First Aid Instructors. Read more about Te Pou [here](#)

As well as the skills, confidence and knowledge you will gain you will receive a **Certificate of Attendance** for the Mental Health First Aid course and participants can choose to complete an open book online short test to be recognised as an **Accredited Mental Health First Aider**
(The latter is not compulsory)



Each participant will receive a manual that has comprehensive information and an in-depth list of support services and practical resources to assist someone experiencing a mental health challenge.

Contact us to discuss options for delivery. We have a variety of possible delivery modes to meet your needs.

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Please note this course is for education purposes only for people aged 18 years and over. It is not for providing therapeutic support.